

FAB Topic

Fun, Advocacy, and Brainpower

January FAB Topic

Maintain Good Mental Health



Agenda



Introductions:



Ground Rules

- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.



- ✓ Have fun learning, sharing and doing some of the exercises you find for the month we are in.



Fun Games

- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- ✓ End with asking if anyone has any questions or comments.



AGENDA

Maintain Good Mental Health

Talk about ways to keep good Mental Health



Games

Questions

Adjourn



Games to Maintain our Good Mental Health

Game 1)

The Virtual Alphabet Game

Choose a Letter and name a thing you could do or use for a Self-Care Kit. Explain what you would use and how it would help make you feel better. For Example:

H is for Headphones to listen to quiet soothing music.



W is for taking a walk with a friend to help focus on something fun.



Game 2)

The Color Game

“The Color Game” is simple: you write out a list of color names and change the color of the actual text so that it does not correspond to the color referred to.

Here’s an example:

Black **Blue** **Yellow** **Green** **Red** **Purple** **Orange**

Example: **Black** **Blue** **Yellow** **Green** **Red** **Purple** **Orange**

Now, read out loud the color each word is written in, not the word itself. While it sounds easy, this is a tough game!

Move as quickly as you can through the set, and then start again to see if you can boost your score. Once you’ve got this set down, create another, larger set and try your hand at that one.

Game 3)

Test Your Memory

For this game, pull up a simple picture of an interior or exterior scene.

The scene should have several elements to it. For example, a picture of a pond with a bench, some ducks, a walking path, a jogger, a tree, and a tulip bed.

1. Once you've found an ideal image, study it for one minute. At the end of one minute, turn the picture face-down and write down all the items you remember.
2. Then, turn the photo back over and see what (if anything) you missed.
3. Complete the practice a second time to see if you do any better on the subsequent round!

Sample Pictures:



Games to Maintain Our Good Mental Health

<https://sunshineadc.com/7-fun-games-improve-mental-health/>



Brainpower – Information and resources to empower SA members to be Self-Advocates

If you are looking to run a Self-Advocacy meeting you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



<https://www.goodhousekeeping.com/health/wellness/a26631446/30-day-mental-health-challenge/>



<https://www.coffewithsummer.com/self-care/self-care-box/>



<https://youtu.be/Q1sT3sbVcQw>



<https://www.mentalhealth.org.uk/publications/how-to-mental-health>





<https://americawalks.org/managing-the-uncertainty-of-the-covid-19-outbreak-through->

[walking/?gclid=CjwKCAjwh7H7BRBBEiwAPXjadv4RuiqqCC2L6EWmX7Lx_1VBKodas1l8ENIRoHQkYfE_qCV-C0GxDhoCnVcQAvD_BwE](https://americawalks.org/managing-the-uncertainty-of-the-covid-19-outbreak-through-walking/?gclid=CjwKCAjwh7H7BRBBEiwAPXjadv4RuiqqCC2L6EWmX7Lx_1VBKodas1l8ENIRoHQkYfE_qCV-C0GxDhoCnVcQAvD_BwE)



<https://uhs.umich.edu/tenthings>



<https://healthtalk.unchealthcare.org/8-positive-things-to-do-during-the-pandemic/>



<https://youtu.be/IsJus1R15Ds>





Cooking Ideas and Exercise



January Recipes

Mango Salsa Tilapia



<https://www.allrecipes.com/recipe/215013/lawannas-mango-salsa-on-tilapia-fillets/>

A delicious fruity salsa to serve over fish or chicken, from a friend in Florida. I always use whatever I have left in a mixed greens salad the next day.

Use any kind of fish -- I use tilapia or salmon. The fish may also be grilled, which is what I prefer. If I can't find a good fresh pineapple, I will use canned pineapple tidbits.

By Allen Goforth

Ingredient Checklist

Servings: 4

- $\frac{1}{2}$ fresh pineapple - peeled, cored, and chopped. Use any kind of fish -- I use tilapia or salmon. The fish may also be grilled, which is what I prefer. If I can't find a good fresh pineapple, I will use canned pineapple tidbits.

- $\frac{1}{2}$ fresh pineapple - peeled, cored, and chopped



- $\frac{1}{2}$ pound strawberries, quartered



- 3 peaches, peeled and diced



- 3 kiwi fruit, peeled and diced



- 1 large mango, peeled and seeded



- $\frac{1}{2}$ cup grape tomatoes



- 2 tablespoons finely chopped fresh cilantro



- 1 tablespoon balsamic vinegar



- 1 ½ pounds tilapia fillets
- ½ teaspoon seasoned pepper blend



Directions

- Step 1

In a bowl, toss together the pineapple, strawberries, kiwifruit, mango, tomatoes, cilantro, peaches, and balsamic vinegar.



- Step 2

Spray a skillet with cooking spray, and heat over medium-high heat.



Sprinkle tilapia fillets with seasoned pepper blend, and pan-fry until fish turns white and opaque, 2 to 3 minutes per side. Serve fish topped with salsa.



Potato Cakes



<https://overcomedepressionandthrive.com/spicy-potato-cakes-for-depression-foods-that-fight-depression/>



Ingredients

1 pound of Potatoes (diced)



1 onion (grated)



1 tsp Garam Masala



1/4 tsp Chili Powder (optional)



1 Tbsp Lemon Juice



2 Tbsp Chopped Fresh Coriander cilantro)



4 Tbsp Ghee (or oil)



Salt



Black Pepper



Instructions

1. Dice 1 pound of potatoes.
2. Cook diced potatoes in boiling lightly salted water for 10-15 minutes (or until tender).



3. Meanwhile, grate onion.



4. Place grated onion in a clean towel or muslin cloth and wring well to squeeze out all excess moisture. Then, transfer to a large mixing bowl.



5. To the grated onion, add garam masala, chili powder (optional), lemon juice and chopped coriander (cilantro). Mix well.



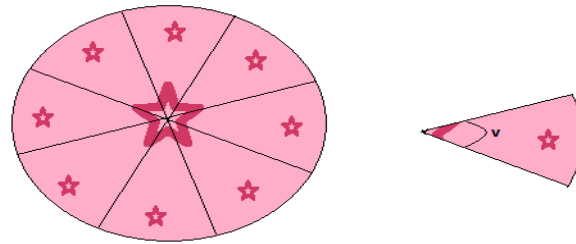
6. Drain the boiled potatoes and add to bowl. Season with salt and black pepper to taste.



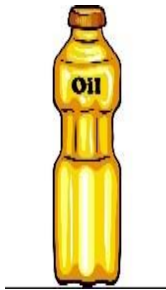
7. Roughly mash potatoes with fork until thoroughly mixed.



8. Divide the mixture into 8 equal portions. Form each portion into a ball between your palms and flatten into a cake.



9. Heat the ghee (or oil) in a pan. Add the spicy potato cakes in batches and cook for 2 minutes each side, until golden brown and crisp.



10. Remove from pan and drain on paper towels.



11. Serve hot or cold, garnished with coriander.



Sweet Potato Chips



Ingredients

- **1 large sweet potato**



- **4 tablespoons olive oil**



- **½ teaspoon salt**



- **½ teaspoon pepper**



Preparation

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.



2. Cut the sweet potato into 1/8-inch to 1/4-inch (3- to 6-mm) slices. In a medium bowl, toss the sweet potato slices with olive oil until fully coated. Add the seasonings and toss to coat. Arrange the slices on a baking sheet without overlapping the potatoes.



3. Bake for 25 - 35 minutes, flipping halfway, until golden brown. Let the slices cool to room temperature.



January Exercises



<https://www.healthline.com/health/deskercise#upper-body>

#1

Stretching out Your Arms

Triceps stretches



1. Raise your arm and bend it so that your hand reaches toward the opposite side.
2. Use your other hand and pull the elbow toward your head.
3. Hold for 10 to 30 seconds.
4. Repeat on the other side.

#2

Overhead Reach or Latissimus Stretch



- 1. Extend each arm overhead.**
- 2. Reach to the opposite side.**
- 3. Hold for 10 to 30 seconds.**
- 4. Repeat on the other side.**

#3

Upper Body and Arm Stretch

Shoulder or Pectoralis Stretch



- 1. Clasp hands together above the head with palms facing outward.**
- 2. Push your arms up, stretching upward.**
- 3. Hold the pose for 10 to 30 seconds.**



<https://www.cigna.com/individuals-families/health-wellness/mental-health-benefits-of-running>

8 Ways Running Works Wonders for Your Mind

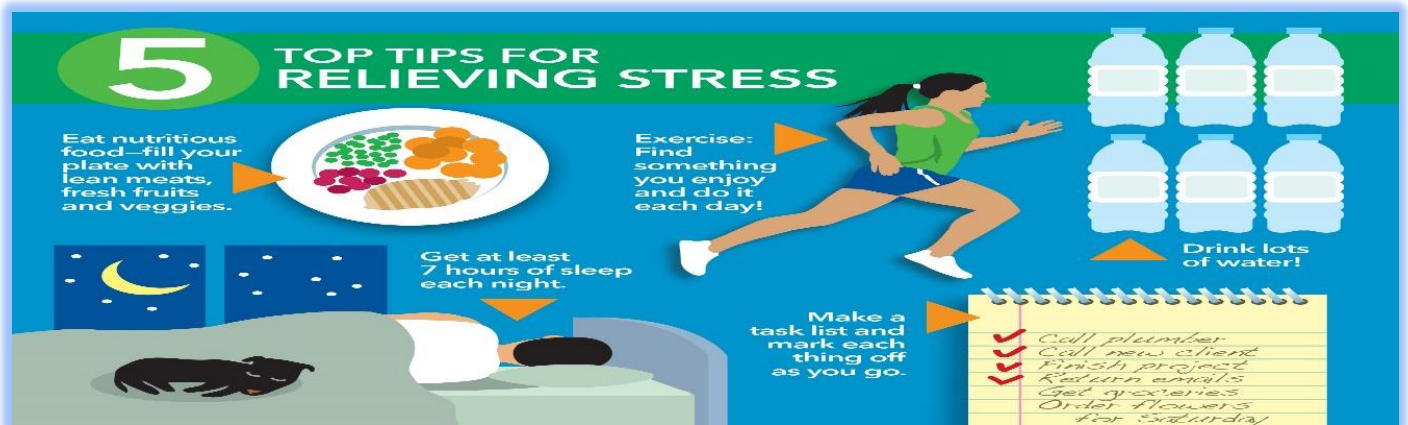
The Mental Health Benefits of Running

You hit the pavement to improve your cardiovascular health, build muscle and, on occasion, to make up for that extra slice of chocolate cake. But did you know that while you're taking care of your body, you're also taking care of your mind?

Runners have touted the great feeling of a runner's high for years. As you begin to run, your heart starts pumping harder and pushing blood through your body at a faster rate. Your respiratory system starts working harder and you mentally prepare yourself for vigorous exercise. As you continue to push yourself to go harder and faster, your body starts releasing endorphins. These hormones act as a stimulant in the body, resulting in what many call a "natural high."

While experiencing a runner's high is one of the best ways to feel happy and relaxed, running and other forms of vigorous exercise actually provide a number of mental health benefits:

- 1. Stress Management.** Running can control stress and boost the body's ability to deal with existing mental tension. Exercise also increases concentrations of norepinephrine, a chemical that helps moderate the brain's response to stress.



2. **The Sunshine Vitamin.** Taking your run outside on a sunny day helps your body produce vitamin D, a nutrient that can lessen your likelihood of experiencing depressive symptoms.



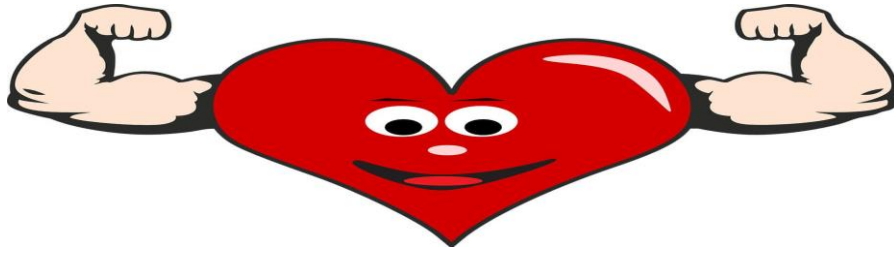
3. **Prevention of Cognitive Decline.** While running doesn't "cure" Alzheimer's, it may help boost the brain's ability to minimize and slow cognitive decline that begins after age 45. Working out, especially between age 25 and 45, boosts the chemicals in the brain that support and prevent degeneration of the hippocampus, an important part of the brain for memory and learning.



4. **A Calmer State of Mind.** The chemicals released during and after running can help people experiencing anxiety feel calmer. Whether you're hopping on a treadmill, track, trail or sidewalk, getting your body moving is a healthy way of coping with tough times.



5. **Brainpower Boost.** Cardiovascular exercise can create new brain cells and improve overall brain performance. A tough run increases levels of a brain-derived protein in the body, believed to help with decision-making, higher thinking, and learning.



6. **A Faster Track to Dreamland.** For some, a moderate run can be the equivalent of a sleeping pill, even for people with insomnia. Moving around five to six hours before bedtime raises the body's core temperature. When the body temp drops back to normal a few hours later, it signals the body that it's time to sleep.



7. **Increased Productivity.** Feeling unmotivated? The solution might be just a short run away. Research shows that workers who take time for exercise on a regular basis are more productive and have more energy than peers who are less active.
8. While busy schedules can make it tough to squeeze in a gym session in the middle of the day, some experts believe that midday is the ideal time for a workout due to the body's circadian rhythms.



9. **Greater Creativity.** A heart-pumping run can boost creativity for up to two hours afterwards. Rather than staring at the blank page waiting for an exceptional idea to fall from the sky, get those legs moving and refresh your body and brain at the same time.

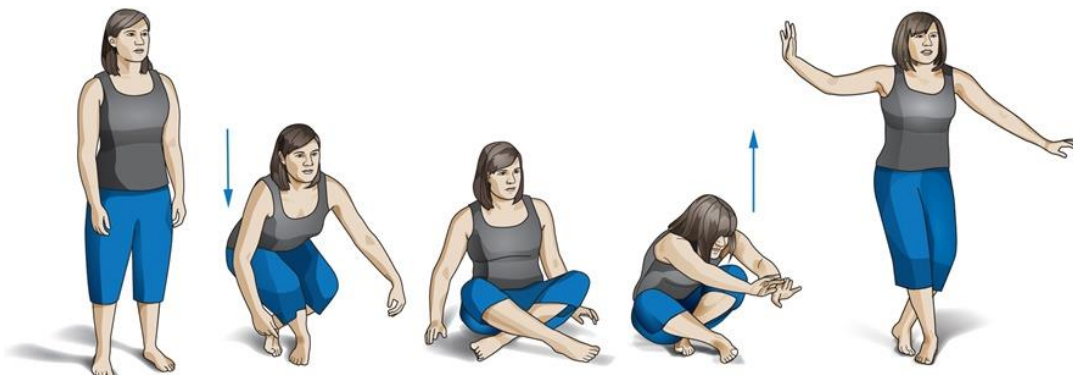
So the next time you're struggling to get out of bed for your morning run or thinking about skipping the gym, remember all the benefits you'll enjoy - head to toe.



<https://newzhook.com/story/17990/>

Here Are Some Simple Exercises that Can Be Practiced to Maintain Health and Fitness of the Body

- ❖ **Sit to Stand** – This is an ideal exercise for those with some control of their lower body. This is done while sitting at the edge of a seat with your feet on the floor. Now slowly tilt the upper body forward and try to push yourself up with your legs into a fully standing position. Then come back to the original sitting position.



- ❖ **Seated Triceps Dips** – This is good for people with good upper body strength.
- ❖ Place your hands on the armrests of your wheelchair or any other chair you are sitting on.
- ❖ Push yourself up until your arms are fully extended. Then relax and go back to original position.



- ❖ **Seated Knee Raises** – Lift one knee up while sitting and then put it back down.
- ❖ Now repeat the same with the other knee.



- ❖ **Sit and Walk** – This exercise is good for people with some control on their lower body. It helps build strength.
- ❖ Take two chairs and do the Sit to Stand exercises.
- ❖ Then get up and walk to the other chair and sit in that. Repeat the sit to stand.

